

### Chapter Contents

- Senior Centres, Clubs & Groups by Area of the City and Surrounding Communities
- Cultural Organizations with Seniors Programming

## SENIOR CENTRES, CLUBS & GROUPS BY AREA OF CITY AND SURROUNDING COMMUNITIES

### CENTRAL

#### Bent Arrow Traditional Healing Society

11666 95 St. NW T5B 3E5

Phone: 780.474.2400

<https://bentarrow.ca/>

- Senior programs and outreach services.
- Pehonan - programs for seniors. Includes: teatime, men's shed, social hub, elders seeking resources and more activities.
- Contact for more details.
- Closed on statutory holidays

#### Bernadette N. Swan Social Care Foundation

Bill Rees YMCA Building

10211 105 St. NW T5J 1E3

Phone: 780.761.0881

- Computer Literacy Program for Seniors - Call to register.

- Seniors Drop-In Coffee & Conversation
- Senior Care Links - Referral and Resources.
- Grandparent Award of Distinction.

#### Central Lions Seniors Recreation Centre (CLSA)

11113 113 St. NW T5G 2V1

Phone: 780.496.7369

Contact: Susan Mann

Email: [Susan.Mann@CentralLions.org](mailto:Susan.Mann@CentralLions.org)

[www.CentralLions.org](http://www.CentralLions.org)

Hours of Operation:

Mon-Fri 8:30am-4:30pm

- Central Lions Seniors Association (CLSA), located at the Central Lions Seniors Recreation Centre, provides recreational, educational, fitness and social opportunities for persons 55 years of age and older.
- The Centre features a gymnasium, fitness centre, activity and vocational rooms, auditorium, atrium and cafeteria and is handicapped accessible. Lots of free parking on-site.
- Rental opportunities - Evenings & weekends for events, meetings, social activities, sports, etc. On-site catering available. Various room sizes and amenities. Call Shelley at 780.496.1627.

#### Edmonton Seniors Centre

3Y-11111 Jasper Ave. NW T5K 0L4

Phone: 780-425-8625

Email:

[executive@edmontonseniorscentre.ca](mailto:executive@edmontonseniorscentre.ca)

[www.edmontonseniorscentre.ca](http://www.edmontonseniorscentre.ca)

Hours of Operation: Mon-Fri: 9:00am-4:00pm

- If you are looking for a friendly and supportive place to meet new or existing friends, learn new skills, stay physically and socially active, or

volunteer your help - we're here for you.

- We provide programs and services that promote social interaction, wellness, healthy aging and independence.
- All our courses are online.
- We host ESCTV, a streaming channel for seniors.
- Virtual Annual Health and Wellness Conference.
- More can be found on our website.

See [HELP AT HOME – Outreach for additional information.](#)

## GeriActors Theatre

Contact: Becca Barrington, Associate Director

Phone: 780.248.1556

Email: [geriactors.friends@gmail.com](mailto:geriactors.friends@gmail.com)

[www.geriactors.ca](http://www.geriactors.ca)

- We are an intergenerational theatre company called GeriActors & Friends, producing original plays based on true stories and issues of aging.
- Interested in a performance? GeriActors & Friends will perform at seniors' residences, centres, conferences, local events, and more.
- We also offer workshops in storytelling, acting & improv. Contact us for more information on performances and workshops.

## Operation Friendship Seniors Society

9526 106 Ave. NW T5H 0N2

Phone: 780.429.2626

Email: [info@ofss.org](mailto:info@ofss.org)

[www.ofss.org](http://www.ofss.org)

Office Hours: Mon-Fri 9:00am-5:00pm, closed 12:00-1:00pm

- Services offered to inner city seniors include outreach, form filling, advocacy, referrals, case management, home visits, tax clinics, and transportation.

- Provides assistance in locating housing, filling out forms, and advocating with landlords; manages 350 housing units (rooming house, apartments and lodges).
- McCauley Seniors Drop-In: open daily for meals, coffee, recreation, showers, clothing.
- Volunteer opportunities also available.

For Complete Listings See [HELP AT HOME – Outreach and Donating Your Household Items](#), and [TRANSPORTATION – Transportation Options for People Not Driving](#) for complete listings.

## Pride Centre of Edmonton

10618 105 Ave NW T5H 0L2

Phone: 780.488.3234

Email: [hello@pridecentreofedmonton.ca](mailto:hello@pridecentreofedmonton.ca)

[www.pridecentreofedmonton.ca](http://www.pridecentreofedmonton.ca)

Office Hours: Mon, Wed, Fri.

By appointment only.

Tuesday from 2:00pm–7:00 pm and

Thursdays from 5:00pm–7:00 pm.

Note: Some programs run outside regular business hours.

- We provide a non-judgmental, welcoming space where people of all sexual orientations and gender identities can be themselves, find support and meet others.
- Support groups, social events, information sessions and programs that support the well-being and capacity of our community.
- Many programs are all ages and older adults are welcome to participate.

## Sage Seniors Association

15 Sir Winston Churchill Square NW T5J 2E5  
Northwest corner of 100 St. and 102A Ave.

Phone: 780.423.5510

Email: [info@MySage.ca](mailto:info@MySage.ca)

[www.MySage.ca](http://www.MySage.ca)

Office Hours: Mon-Fri 8:30am-4:00pm

Café Hours: Mon-Fri 8am-3:00pm

Please note that we have closed our building and suspended most services to support social distancing measures. We are working remotely and continue to respond to essential needs. Please visit our website for updates.

Sage Seniors Association is dedicated to inspiring and supporting seniors to be the best they can be. Our vision is a community where all seniors are valued and have the opportunity to live according to their beliefs, abilities, and aspirations.

We are a multi-service senior-serving organization that provides over 100 programs and services in the greater Edmonton area, employing a strengths-based approach to increase resilience and reduce vulnerability in seniors. Sage's programs and services include outreach, assessment and other social work services, life enrichment programming, volunteer opportunities, and annual seniors' forums.

### Parking Near Sage

Sage does not offer free parking. The closest parking to Sage is Edmonton City Centre East Parkade. The parkade entrance is on the north side of 102A Avenue, just west of Sage.

## SAGE PROGRAMS AND SERVICES

Main Switchboard 780.423.5510

Life Enrichment services, activities, classes, and clubs, English as Another Language 780.701.9016

General inquiries, assessment and support, housing, This Full House – (hoarding) 587.773.1764  
See page 92, 121, 131, 138 for further information

Guardianship/Trusteeship 780.423.5510 ext. 404  
See page 250 for further information

Multicultural Seniors Outreach 780.809.9411  
See page 43 for further information

Seniors' Safe House 780.702.1520  
See page 53 for further information

Health Services 780.809.9402

Income Tax Preparation 780.423.5510  
Sunshine Café 780.701.9022

Volunteer Services 780.701.9014  
See page 276 for further information

Executive Director 780.701.9008  
Director of Operations 780.701.9002  
Administration 780.701.9009  
Finance 780.701.9015  
Membership 780.423.5510

## CITY-WIDE

### The Royal Canadian Legion

[www.legion.ca](http://www.legion.ca)

- A non-profit Canadian ex-service (veterans') organization founded in 1925.
- Membership includes currently serving Canadian Armed Forces personnel and RCMP and their families.
- Canada's largest veteran support and community service organization.
- Known for the Remembrance Day Poppy Campaign.
- As members, we show our thanks by supporting and advocating for veterans, by remembering their sacrifices, and by continuing the tradition of service in helping our communities.
- Admission not restricted to only veterans or military. Guests welcome.
- Branch hours vary. Call to confirm.

#### Jasper Place #255

10427 174 St. NW T5S 1H1

Phone: 780.483.1959

#### Kingsway #175

14339 50 St. NW T5A 0S9

Phone: 780.425.8654

#### Norwood #178

11150 82 St. NW T5B 2V1

Phone: 780.479.4277

#### Strathcona #150

9020 51 Ave. NW T6E 5X4

Phone: 780.433.1908

### Seniors' Centre Without Walls Edmonton Southside Primary Care Network

3110 Calgary Trail NW T6J 6V4

Email: [scww@espcn.ca](mailto:scww@espcn.ca)

Phone: 780.395.2626

[www.edmontonsouthsidepcn.ca/scww](http://www.edmontonsouthsidepcn.ca/scww)

- A seniors' centre from the comfort of your own home! Join us for a variety of interactive telephone-based social & health programming, free of charge using our toll-free number. An opportunity to socialize, learn new skills and stay connected.
- New series of participant selected topics every four months.
- Open to individuals 55+ residing in Alberta. Call or visit website for latest program catalogue and to register.

## NORTH EAST

### North Edmonton Seniors Association (NESA)

7524 139 Ave. NW T5C 3H7

Phone: 780.496.6969

[info@nesa1.ca](mailto:info@nesa1.ca)

[www.nesa1.ca](http://www.nesa1.ca)

Hours of Operation:

Mon-Fri: 8:30am-4:00pm.

Office closed daily from 12:00pm-12:30pm.

- Programs: computers, cameras, crafts, hobbies, painting, fitness, sports, general interest, health & wellness, languages, music, dance & social experiences.
- Services: Home Supports and Outreach.
- Amenities: senior-friendly fitness centre, cafeteria, rental space and free parking.
- Rental inquiries call: 780.496.4928.

## **SOUTH EAST**

### **Around 60 Club**

Spirit of Hope United Church

7909 82 Ave. NW T6C 0Y1

Contact: Carol Lockert

Email: [officeadmindespiritofhope.ca](mailto:officeadmindespiritofhope.ca)

Phone: 780.466.1426

- April to September – bus trips.
- October to March – meets on the first Tuesday of each month for a luncheon and entertainment.

### **Millwoods Cultural Society for the Retired and Semi-Retired**

1560 48 St. NW T6L 6H9

Phone: 780.461.3312

Email: [millwoodscsretd@gmail.com](mailto:millwoodscsretd@gmail.com)

Business Hours: Mon-Sun 12:00pm–5:00pm

- Information, support, sports and recreation, etc.

### **Mill Woods Seniors Association**

2nd Floor, 2610 Hewes Way (above the Mill Woods Public Library)

Phone: 780.496.2997

Email: [program.coordinator@mwsac.ca](mailto:program.coordinator@mwsac.ca)

[www.mwsac.ca](http://www.mwsac.ca)

Programming to resume January 2021

- At time of printing, the Café is closed to the public, however we are taking orders for meals to be picked up Monday, Tuesday, Wednesday & Friday.
- Thursdays are cinnamon bun days.
- For further information on how to place an order, see our website or call our office.
- Closed on statutory holidays.

See also **HELP AT HOME - Outreach**

## **South East Edmonton Seniors Association (SEESA)**

9350 82 St. NW T6C 2X8

Phone: 780.468.1985

Email: [info@seesa.ca](mailto:info@seesa.ca)

[www.seesa.ca](http://www.seesa.ca)

Find us on Facebook @seesaactivitycentre

Twitter & Instagram @seesahappenings

Office Hours: Mon-Fri 8:30am-4:30pm

- Mission: To empower and enhance the quality of life of people living in our community as they age.
- All in-centre activities are CANCELLED until further notice. Please watch for updates.
- Café - not open until further notice.
- Outreach Services - help with forms; grief recovery method; social circle; advocacy, information, referrals system navigation, home visits & friendly visitor.
- Activities - variety of fitness, art, music, computer and dance classes offered via ZOOM. No games, sports or clubs until further notice.
- Special Events: men's shed, fitness centre and volunteer opportunities not available until further notice.

### **SENIOR HOME SUPPORT PROGRAM**

[www.seniorshomesupports.com](http://www.seniorshomesupports.com)

Email: [deborah@seesa.ca](mailto:deborah@seesa.ca)

- Referral Program for: yard maintenance, housekeeping, snow removal, home repair & maintenance, personal care and moving help.
- Information available on hiring contractors.
- Serving seniors living in T6A, T6B, T6C, T6E and T6P areas
- Check our website for updated information on our current programming and re-opening plans.

See also **HELP AT HOME - Home Services** for additional listings

## SOUTH WEST

### Heritage Senior Stop-In Centre

Ermineskin Shopping Centre

3036 106 St. NW T6J 5M5

Phone: 780.437.8759

Email: heritageseniors@shaw.ca

Hours of Operation: Mon-Sat 10am-4pm

- Cribbage - Mon 1:00pm.
- Canasta (Hand & Foot) - Tues and Thurs 1:00pm.
- Whist - Wed 1:00pm.
- Various card games - Fri 1:00pm.
- Monthly social: Third Thursday of each month.
- Coffee & conversation: daily 10:00am-noon.

### Drive Happiness Seniors Association

9916 45 Ave. NW T6E 5J1

Phone: 780.424.5438

Email: info@drivehappiness.ca

Office Hours: Mon-Fri 9:00am-4:00pm

- Drive Happiness Seniors Association is a registered, non-profit society. Our purpose is to assist seniors in the Edmonton area remain independent in their homes as long as possible.
- We provide door-through-door assisted transportation to seniors in order to promote their mobility, independence, and quality of life.

See listing in TRANSPORTATION – Transportation Options for People Not Driving.

### Petrolia Seniors

3519 118 St. NW T6J 1W6

Email: nmaly@telus.net

- Invites people aged 55 and older to attend a buffet luncheon and educational or entertaining program the 3rd Tuesday each month (except July and August) from 11:45 am to 2:00 pm at the Greenfield Community Hall, 3803 114 St. NW. Between 70 and 95 people attend each month. Cost may vary, depending on program. Come, join the fun and make new friends. For more information or to confirm attendance, please call: Betty Mullen at 780.434.0711 or Claire Penney at 780-435-3051.

### PROBUS Clubs of Edmonton

[www.probus.org/5prairie.htm](http://www.probus.org/5prairie.htm)

The purpose of a PROBUS Club is to provide regular gatherings of retired or semi-retired business or professional people who appreciate and value opportunities to meet others in similar circumstances and of similar interests.

#### PROBUS Club of South Edmonton

Derrick Golf and Winter Club

3500 119 St. NW T6J 5P5

Contact: Membership Director

Email: probussouthedmonton@gmail.com

Meetings: Meeting and speaker at 10:00am on the 4th Tuesday every month, Jan-Nov.

- Join in outings and other activities.
- Monthly email newsletter.
- Open to retired and semi-retired men and women. Guests welcome.
- Annual dues \$60. No fundraising.

#### PROBUS Club of Central Edmonton

c/o Royal Mayfair Golf Club

Location is west side of Groat Road, south



end of Groat Bridge.

Phone: 780.918.5577

Email: bruperry@telusplanet.net

- Meeting and speaker, usually the 3rd Tuesday of the month (except July and August).
- Tour, usually every 4th Tuesday of the month (except July and August).
- Optional lunches to follow both meetings and tours.
- No fundraising. Guests welcome.

Membership Fees: Full year starting January 1 - \$125. Fee prorated if membership commenced other months during the year.

Eligibility: Open to retired and semi-retired men and women.

### **S.C.O.N.A. (Senior Citizens Opportunity Neighbourhood Association)**

10440 84 Ave. NW T6E 2H2

Phone: 780.433.5377

Email: scona84th@shaw.ca

www.sconaseniors.com

Hours of Operation: Mon-Fri 9am-4:30pm

Contact SCONA for monthly calendar

- Home-away-from-home.
- Opportunities for social engagement.
- Health and wellness programs.
- Continuing education.
- Nutritious meals.
- Seniors Outreach Services: Housing support, help with government forms, support navigating through government services, exploring food and financial security, peer support, information, referral, advocacy.
- Volunteer opportunities.

### **South West Edmonton Seniors Association**

Mailing Address:

Box 88008 Rabbit Hill PO T6R 0M5

Email: programs@swesa.ca

www.swesa.ca

- Activities and programs include: Art Group, Coffee n' Chat, knitting/ stitching, bus trips, bridge, mahjong, fitness, Golden Gloves boxing. Monthly lunch socials and Toonie Talks. Check website for times and locations.
- New members and volunteers welcomed.

Program Locations:

#### **Blue Quill Community League**

11304 25 Ave. NW

#### **eOne Fitness Studio**

3474 Allan Drive SW

#### **Seniors Lounge**

Terwillegar Recreation Centre

2051 Leger Road NW

#### **William Lutsky YMCA**

1975 111 St. NW

#### **Yellowbird East Community Centre**

10710 19 Ave. NW

Phone: 587.987.3200

See **HELP AT HOME** - Home Services for additional listings.

## South-West Seniors' Outreach Society

10832 62 Ave. NW T6H 1N1

Phone: 780.435.9515

Contact: Linda Jackson

Email: [swseniors@telus.net](mailto:swseniors@telus.net)

[swseniors.com](http://swseniors.com)

Hours of Operation: Tues-Thurs 9am-3pm  
(Sept – June)

- Gentle yoga, gentle dance, creative crafts, basic beginner clogging, choir, cards/board games, dancing, miscellaneous speakers, courses and other activities offered.
- Thursdays - hot luncheon is offered followed by entertainment.
- A number of bus trips are provided.

## Strathcona Place 55+ Services & Activities

10831 University Ave. NW T6E 4R1

Phone: 780.433.5807

Email: [strathconaplace@outlook.com](mailto:strathconaplace@outlook.com)

[www.strathconaplace.com](http://www.strathconaplace.com)

Hours of Operation: Mon-Fri 8:30am-4pm,  
café 11:30am - 1:00pm

- Service activities: meditation, creative writing, pottery, stamp carving, woodworking, cards, dances, special teas, snooker, movies, art, fitness, yoga, tai chi, drama, foot care, year round tax assistance, information & referral; outreach in 10 languages.
- Nutritious meals, dinners, take out.
- John W. Bilsland Literary Award for Seniors.

## WEST

### Westend Seniors Activity Centre

9629 176 St. NW T5T 6B3

Phone: 780.483.1209

Email: [info@weseniors.ca](mailto:info@weseniors.ca)

[www.weseniors.ca](http://www.weseniors.ca)

Hours of Operation: Mon, Wed, Thurs, Fri  
9:00am-4:00pm

Tues, 9:00am-8:00pm

- Community based non-profit hub for persons aged 55+ offering programs and activities for the mind, body and spirit.
- Full service facility with gymnasium, fitness room, art rooms, classrooms, music/dance rooms, workshop and more.
- Community Café serving daily affordable nutritional lunches.
- Community Outreach program provides support, referral, information, form filling assistance to seniors.

See also [HELP AT HOME – Home Services and – Outreach](#) for additional listings.

### Rocky Mountain Seniors Ski Club

18611 92 Ave. NW T5T 1P3

Email: [info@SeniorsSki.com](mailto:info@SeniorsSki.com)

Website: [www.seniorsski.com](http://www.seniorsski.com)

- We are a friendly non-profit club dedicated to promoting alpine (downhill) skiing for seniors aged 55+ at all ability levels. Besides regular skiing at Edmonton's Snow Valley, the club organizes mid-week tours to various mountain ski resorts in Alberta and B.C. every winter.
- Many of our members stay active and social during the summer with twice-weekly club bike rides and once-a-week golf. The club also organizes a pre-ski conditioning program, led by a qualified fitness instructor, prior to the start of the ski season.
- We welcome new members! Contact us if you would like to know more about the club and its activities.



## Hosanna Lutheran Church

9009 163 St. NW T5R 2N8

Phone: 780.484.3932

Email: [office@hosannalutheran.ab.ca](mailto:office@hosannalutheran.ab.ca)

Website: [www.hosannalutheran.ab.ca](http://www.hosannalutheran.ab.ca)

Church office hours: Mon-Fri 9am-3:30pm

- We gather for worship, in person and online each Sunday morning. Everyone is invited to join. Special studies, educational opportunities, and times for fellowship are regularly available. Please see the Hosanna website and calendar for specific details.
- We meet from September to June, with the exception of December when we have a Christmas luncheon. We are a church-related group.

## North West Edmonton Seniors Society

12963 120 St. NW T5E 5N8

Phone: 780.451.1925

Email: [execald@telus.net](mailto:execald@telus.net)

[www.nwess.ca](http://www.nwess.ca)

Hours of Operation:

Mon - Fri 8:30am to 4:30pm

[www.facebook.com/NWESSevents](https://www.facebook.com/NWESSevents)

- Monthly 1st Sunday pancake breakfast, special community events and celebrations.
- Programs: crafts, hobbies, fitness, sports, recreational, educational, general interest, health & wellness sessions, music, dance, social experiences, Feet First Foot Care, WECAN Food Basket.
- Volunteer opportunities.
- Referrals for outreach services for seniors.

See **HELP AT HOME** – Home Services for additional listings.

## SURROUNDING COMMUNITIES

### Devon Pioneers 73 Club

29 St. Lawrence Ave. **Devon** AB T9G 1L4

Phone: 780.987.4822

Email: [devonp73club@gmail.com](mailto:devonp73club@gmail.com)

[www.devonp73club.ca](http://www.devonp73club.ca)

For rental inquiries call 780.720.3493

Hours of Operation: Drop-In Fridays 10am-2pm (except June-August).

- Minimum age: 50.
- Annual membership fee: \$20.00.
- Wheelchair accessible.
- Services: facility rentals, recreation.
- Call for more information on rentals; weekly: quilting group, floor curling, crib and canasta games; monthly crib tournaments, music jam and dance.

### Leduc & District Senior Centre

Telford House, 4907 46 St. **Leduc** AB T9E 5V9

Phone: 780.986.6160

Email: [telfordhouse@shaw.ca](mailto:telfordhouse@shaw.ca)

Hours of Operation: Mon-Fri 9:30am to 2:30pm

- A 50+ community activity centre that offers a wide variety of activities, Telford House assists support programs: low vision, stroke Recovery Association of Leduc, and the Parkinson Society.
- Volunteer opportunities.

### Morinville Seniors' Rendez-Vous Centre

9913 104 St. **Morinville** AB T8R 1R8

Phone: 780.939.2727

Rentals & bookings: 780.619.4668

Email: [msrvc@telus.net](mailto:msrvc@telus.net)

[www.morinilleseniorsclub.org](http://www.morinilleseniorsclub.org)

Hours of Operation: Mon-Fri: 9am-4pm

- Drop-in centre for Morinville and area seniors. Open coffee time every Tues 9:00am-11:00am.

- Activities: bridge, advanced and beginners, military whist, cribbage, 500, floor curling, book club, knitting club, collective kitchen, movie night, pickleball and more.
- Facility available for community use: funeral lunches, family celebrations, corporate meetings, dinners, seminars.

### Pioneer House Club 50

10102 100 Ave. **Fort Saskatchewan** AB T8L 1Y6  
Phone: 780.998.3898

Hours of Operation: Mon-Fri 9am-3pm

- An organization of senior citizens committed to the support of, and fellowship with, seniors in our community.
- Recreational activities: bocce, carpet bowling, canasta, crib.
- Soup & sandwich every second Thurs.
- Membership open to anyone aged 50 or over. Annual fee Sept-Aug \$20.

### Royal Canadian Legion

#### Fort Saskatchewan #27

9964 93 Ave, **Ft Saskatchewan** AB T8L 1N4  
Phone: 780.998.3466

#### Leduc #108

5014 49 St, **Leduc** AB T9E 6V2  
Phone: 780.986.1455

#### Spruce Grove #281

215 McLeod Ave, **Spruce Grove** AB T7X 0G2  
Phone: 780.962.4598

#### St. Albert #271

6 Tache St, **St. Albert** AB T8N 2S4  
Phone: 780.458.3330

#### Stony Plain #256

4902 44 Ave, **Stony Plain** AB T7X 1V5  
Phone: 780.963.9232

### Senior Citizen Society of Stony Plain

5018 51 Ave. **Stony Plain** AB T7Z 1C2

Phone: 780.963.4707

Email: stonyplainseniors@gmail.com

www.stonyplainseniors.com

Hours of Operation: Mon-Fri 9:30am-4pm

- Activities: card games, Bingo, floor curling, carpet bowling, pool.
- Hall available for rent.
- Also known as The Drop In Centre

### Sherwood Park 55+ Club

50A Spruce Ave, **Sherwood Park** T8A 2G6

Phone: 780-467-8389

Email: office@55plusclub.ca

www.55plusclub.ca

Hours of Operation: Mon-Sat.

Check the calendar on the webpage

- With 350 members, we have a variety of activities from floor curling, carpet bowling, bocce, pool, golfing, many card games, potluck suppers, dinner club, casino trips.
- We host pancake breakfasts and a strawberry tea that is open to the public.
- We host crib tournaments monthly and a bridge tournament once a year. We host 2-3 floor curling tournaments a year.
- Due to safety concerns for our members, our club will be closed to all activities and tournaments until further notice.

## St. Albert Seniors Association

7 Tache St. **St. Albert** AB T8N 2S3

Phone: 780.459.0433

Email: [info@stalbertseniors.ca](mailto:info@stalbertseniors.ca)

[www.stalbertseniors.ca](http://www.stalbertseniors.ca)

Hours of Operation: Mon–Fri: 8:30am–4:30pm

- Community based non-profit hub for adults 50+. Full service facility with four multipurpose rooms, art room, wood shop offering a variety of classes, information sessions and activities for mind, body and spirit.
- Seniors Services program providing support, advocacy, referrals & information and government form filling out assistance. Provide referrals for home support services like snow shoveling, cleaning and home maintenance support.
- Meals on Wheels delivery services for St. Albert residents as well as Chef's Choice frozen meals to take home.
- Our wheelchair equipped bus provides door to door transportation within St. Albert and we can arrange free transportation for Seniors 65+ on Alberta Senior Benefits needing transportation to medical appointments in St. Albert or in Edmonton.
- Red Willow Café serves daily affordable nutritional lunches along with refreshments and goodies from 8:30am–2pm.
- Willows gift shop offers a wide assortment of handcrafted items on site.
- Rental opportunities are available with on-site catering option.

## CULTURAL ORGANIZATIONS WITH SENIORS' PROGRAMMING

### ASSIST Community Services Centre

Email: [info@assistcsc.org](mailto:info@assistcsc.org)

[www.assistcsc.org](http://www.assistcsc.org)

Hours of Operation: Mon-Fri 9am–5pm

#### Main Office

9649 105A Ave. NW T5H 0M3

Phone: 780.429.3111

Service languages: English, Cantonese, Mandarin

#### Southwest Office

Unit 2, 810 Saddleback Road NW T6J 4W4

Phone: 780.429.3119

Service languages: English, Arabic, Korean, Russian, Ukrainian, Hindi, Mandarin, Punjabi, Tagalog, Urdu, Swahili, Kakwi

See complete listing in CITIZENSHIP & IMMIGRATION – Immigrant Serving Agencies.

### Edmonton Indigenous Seniors' Centre

Cottage E-10107 134 Ave. NW T5E 1J2

Phone: 587.525.8969

Email: [manager@easc.ca](mailto:manager@easc.ca)

[www.easc.ca](http://www.easc.ca)

<https://www.facebook.com/groups/1484115668503747/>

Hours of Operation:

Mon-Fri 8:30am–4:30pm

- Operates a drop-in centre and referral services for Aboriginal seniors 50+ yrs.
- Offers advocacy, housing, referrals, social centre and transportation.
- Provides traditional craft classes, foot care, social activities and Aboriginal Housing Registry and Placement Service.

- Volunteer opportunities.
- Offer "Kokum's Krafts" Traditional Arts Boutique with hand-crafted Indigenous traditional arts made by our Indigenous seniors.

See SENIOR CENTRES, CLUBS & GROUPS – North West for complete listing.

### German Canadian Cultural Association (Edmonton)

8310 Roper Rd. NW T6E 6E3

Phone: 780.466.4000

Email: mail@gcca.ca

www.gcca.ca

Hours of Operation: Open at 5:00 pm, Thurs & Fri, Sat at Noon.

- Library of German books & DVDs. Open: 1st & 3rd Saturday of the month from 1:00 pm-3:00 pm, June to September.
- German movie: 1st Thursday of month at 2:00pm.
- Singkreis (Funsingers): Last Wednesday of the month at 1:30 pm.

### Ital-Canadian Seniors Association

9111 110 Ave. NW T5H 4J9

Phone: 780.424.1255

Email: itcansrs@telus.net

- Membership for anyone 50 years or older; facility free to members.
- Drop-in centre, bocce courts, card tables.

### Jewish Family Services

100-8702 Meadowlark Road NW T5R 5W5

Phone: 780.454.1194

Email: seniors@jfse.org

www.jfse.org

- Outreach and support to Jewish seniors dealing with the aging-related transitions in their lives.

See additional listing in HEALTH & WELLBEING – Counselling.

### Jewish Senior Citizens' Centre (Jewish Drop-In Centre)

10052 117 St. NW

Phone: 780.488.4241

Email: jdic@shaw.ca or programmer@jdicsejior.ca

www.jdicsejiors.ca

Hours of Operation:

Sun-Thurs 9:00am-4:00pm

- Provides fitness activities, educational programs, entertainment, field trips and outings.
- Assists our members to maintain independence to age in place in the community.
- Mon-Thurs at noon: Frozen meal options to order available.
- We hold online Zoom activities.
- We're closed on Fridays, Saturdays, and Jewish and statutory holidays.

### Millwoods Cultural Society for the Retired and Semi-Retired

1560 48 St. NW T6L 6H9

Phone: 780.461.3312

Email: millwoodscsretd@gmail.com

See SENIOR CENTRES, CLUBS & GROUPS – South East for complete listing.

### Patronato I.N.A.S

9111 110 Ave. NW T5H 4J9

Phone: 780.421.9559

Email: inasedm@telus.net

Hours of Operation:

Mon & Tues 9:30am-3:30pm,

Wed 9:30am-2:30pm, Thurs/Fri Closed

- Assistance in applying for foreign pensions, e.g. Italian, French, Swiss, German.
- Assistance with completing municipal, provincial and federal government forms, eg. CPP, OAS GIS, ASB, Permanent Resident Card, Canadian Passport.
- Commissioner for Oaths on site.
- All services are free.

### Société Généalogique du Nord-Ouest

102-8627 91 St. NW T6C 3N1

Phone: 780.424.2476

Email: info@sgno.ca

www.sgno.ca

- Mission statement: To maintain a centre for French-Canadian genealogical research and to assist all persons interested in genealogy and family history of French Canadians.
- SGNO is a non-profit organization.

### Sons of Norway

www.sofnedmonton.ca

- Lodge group activities: Norwegian conversation club, annual sports weekend, genealogy, stamp club, Husflid craft club, annual Lutfisk Supper and annual Norwegian May 17th celebrations. Visit website for upcoming special events.



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